

# 2011 USMS 5K OPEN WATER NATIONAL CHAMPIONSHIP EVENT



Saturday, August 6, 2011

Race starts at 7:00AM

5K Open Water Swim

Sanctioned by the

Metropolitan LMSC

for USMS, Inc.

Sanction #061-12



- Hosted by:** Coney Island Brighton Beach Open Water Swimmers, Inc. (CIBBOWS).
- Location:** Coney Island & Brighton Beaches. Event hosted at NY Aquarium, Surf Avenue & 8<sup>th</sup> Street, Brooklyn, NY 11224.
- Directions:** Directions to NY Aquarium at: <http://www.nyaquarium.com/plan-your-trip/directions.aspx>.
- Facility:** Race headquarters will be located on the second floor of Glover's Reef inside the New York Aquarium facility. Restroom facilities are located on the lower levels of the Sea Cliffs exhibit and Glover's Reef. There are no locker room, changing room or shower facilities. Check-in and awards will be on the terrace of Glover's Reef. Entrants and their families will have complete access to all New York Aquarium exhibits after the race.
- Parking:** Registered entrants may park at the New York Aquarium parking facility. For GPS purposes, use following address: 602 Surf Avenue, Brooklyn, NY 11224.
- Information:** For the latest event updates, go to: <http://www.cibbows.org/races/>.
- Registration:** **Online event registration is strongly recommended for speed and accuracy**, and is available at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1693&smid=2908](https://www.clubassistant.com/club/meet_information.cfm?c=1693&smid=2908).
- Eligibility:** Open to all 2011 USMS-registered swimmers and FINA masters swimmers age 18 & older. A legible copy of your 2011 USMS registration card (or FINA equivalent) must be included with entry form. Age determination date for this event is August 6, 2011. One event ("OEVT") registration/participation is NOT permitted in USMS National Championship events. To register or renew USMS registration, go to: <http://www.usms.org/reg/>.
- Course:** The race course is a 2.5K loop between Coney Island Pier and the end of Brighton Beach. Start/finish will be on the beach in front of the New York Aquarium. Swim course will be clearly marked with buoys. Waves and swim direction will be determined closer to race date subject to number of race entrants and weather conditions. Expected water temperature range is 68-73 F, with some chop due to wind, and the possibility of flotsam, jetsam and jellyfish.
- Rules:** Wet suits are NOT permitted. Support craft other than designated race craft are not permitted. All applicable 2011 USMS rules, regulations and safety requirements will be enforced. All suits and equipment must conform to current USMS open water rules.\*
- \*In September 2010, the USMS House of Delegates voted to follow new regulations regarding swim suits for open water competition, **effective January 1, 2011**. For all open water national championship events, swimwear shall be made of textile material. For men, the swim suit shall not extend above the navel or below the knee. For women, the swim suit shall not cover the neck, extend past the shoulders nor extend below the knees. There are no "fastener" specifications.*
- Timing:** Electronic CHAMPIONCHIP TIMING will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time. Timing chips will be collected at the finish area. Swimmers who fail to return their chip will be assessed a \$30 charge.



**Safety:** Lifeguards, jet skis and kayaks will monitor the entire course. There will also be a safety boat (possibly New York Harbor Police and Coast Guard) to keep other boats away. EMT personnel will be on-site. Any emergencies will be taken to Coney Island Hospital which is located three (3) miles from race headquarters. In case of inclement weather or dangerous conditions, the race director may close the course and prevent swimmers from completing the swim. Swimmers will be given a highly visible numbered swim cap that must be worn as the top cap during the swim. All swimmers must have their race number on their arm. Because of mass wave start, it is recommended that swimmers check their finger nails and toe nails for length. If nails are too long, they must be clipped to a reasonable length at the discretion of the official/referee.

**Time Limit:** There is a 3 hour maximum time limit from race start time. Those not finished within time limit will be asked to exit the water and scored as "DNF" (Did Not Finish).

**Age Groups:** 18-24, 25-29, 30-34, and so on in five-year increments, as high as necessary for men and women.

**Awards:** USMS National Championship medals will be awarded to the top ten (10) finishers by gender and age group. National Championship patches will be presented to the top finisher by gender in each age group. Foreign swimmers are not eligible for USMS All-American awards. Special prizes will be awarded to overall male and female finishers. Awards will be presented on the terrace of Glover's Reef approximately 20 minutes after the last swimmer has exited the water.

**Results:** Will be posted online at [www.usms.org](http://www.usms.org), [www.metroswim.org](http://www.metroswim.org) and [www.cibbows.org](http://www.cibbows.org).

**Schedule:**  
5:45AM: Check-in opens  
6:50AM: Final briefing by course start  
7:00AM: Race begins; wave start(s) at Event Director's discretion depending on number of entrants  
10:00AM: Race course closes  
10:20AM: Awards ceremony

**Registration:** **Online event registration is strongly recommended for speed and accuracy**, and is available at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1693&smid=2908](https://www.clubassistant.com/club/meet_information.cfm?c=1693&smid=2908).

#### >> ENTRY FEES & DEADLINES <<

**Early Bird:** \$ 45.00 if RECEIVED by Tuesday, June 21, 2011  
**Scheduled** \$ 65.00 if RECEIVED by Tuesday, July 19, 2011  
**Late** \$ 85.00 if RECEIVED by Tuesday, August 02, 2011  
**Procrastinators:** \$125.00 on race day (or received after August 2, 2011)  
*(Note: \$10 of your entry fee will be donated to the New York Aquarium)*

Paper entry: Mail check payable to CIBBOWS with fully executed entry form & legible copy of 2011 USMS registration card or FINA equivalent to: **CIBBOWS c/o Cristian Vergara, 312 Garfield Place, Brooklyn, NY 11215**

**Questions:** Direct inquiries to Event Director Cristian Vergara at (preferable) [vergaracristian@hotmail.com](mailto:vergaracristian@hotmail.com) or (718) 938-4988. Event information will be sent out by email to all registered swimmers prior to race day.

**Other Info:** Admission to the New York Aquarium is free to all participants, volunteers and their families. We encourage you to spend the day and enjoy all that the Coney Island area has to offer. Nathans, the "Cyclone" and amusement parks are just steps away along the Boardwalk.



**~ OFFICIAL ENTRY FORM ~**  
**USMS 5K OPEN WATER NATIONAL CHAMPIONSHIP**

Full Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
E-Mail \_\_\_\_\_

2011 USMS Reg # \_\_\_\_\_ - \_\_\_\_\_  
DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ (on 08/06/11)  
Gender (circle): **Male** **Female**  
Club \_\_\_\_\_  
T-Shirt Size (free):  **S**  **M**  **L**  **X-L**

**Event Registration: Online registration is strongly recommended by event organizers for both speed and accuracy, and is available at:**  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1693&smid=2908](https://www.clubassistant.com/club/meet_information.cfm?c=1693&smid=2908).

**ENTRY FEES & DEADLINES**

**Early Bird** (if RECEIVED by June 21) (\$45.00) \$ \_\_\_\_\_  
**Scheduled** (if RECEIVED by July 19) (\$65.00) \$ \_\_\_\_\_  
**Late Entry** (if RECEIVED by August 2) (\$85.00) \$ \_\_\_\_\_

*Mail this entry/release form with check payable to **CIBBOWS** and legible copy of 2011 USMS registration card to:*

**CIBBOWS c/o Cristian Vergara**  
**312 Garfield Place, Brooklyn, NY 11215**  
**E-Mail: [vergaracristian@hotmail.com](mailto:vergaracristian@hotmail.com)**  
**Phone: (718) 938 - 4988**

**EMERGENCY CONTACT PERSON & MEDICAL INFORMATION (print neatly)**

**Contact Person:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Emergency Contact Person Phone:** (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Important Medical information and/or condition:** \_\_\_\_\_

**USMS Liability Release:** "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water swimming and agree to assume those risks."

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

